

EATING PLANT-BASED

FOR \$3 A DAY

BY EMMA ROCHE

A simple guide to healthy eating at a super low cost

Complete with recipes, menu plans, grocery lists & daily meal prep guides

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Text, recipes, photographs & design by Emma Roche.
Original version released July 2020.

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INTRODUCTION

EATING PLANT-BASED FOR \$3 A DAY

Hello and welcome to *Eating Plant-Based For \$3 a Day!* My name's Emma, and before you get stuck into the following pages of menu plans and recipes, I'd like to tell you a little bit about how this project came about. I've been eating plant-based since 2004, and have spent many of the past 16 years living and eating frugally (at times by choice, and at others out of necessity!) After years of budgeting grocery lists and preparing inexpensive plant-based meals, I wanted to share what I'd learned with others. This is what led me to research and write my first eBook, [Whole Food Plant-Based on \\$5 a Day](#). In the years following its release, I heard from people all over the world who were using the menu plans, and were surprised to discover that they healthy plant-based eating could be so affordable. After a follow up *Summer Edition* in 2016, I felt that I really had accomplished what I set out to do: prove that eating healthily didn't have to cost a fortune, and that a plant-based diet could (and should!) be accessible to just about everyone.

Cut to 2020 (when I'm publishing this!) and the world is in the midst of the Covid-19 pandemic. Many people have lost their jobs, others are temporarily out of work, and millions of people are left struggling to make ends meet. While I obviously am unable to solve the major issues of the world, I felt inspired to challenge myself, and hopefully help a few other people in the process. Would it be possible for us to eat nutritiously and meet our energy needs on even *less* than \$5 a day? What about \$4, or just \$3? How could it be done, and what could we eat? I was excited by the this idea and determined to prove that this was not only achievable, but could be done while continuing to enjoy a variety of flavourful, filling meals. Fortunately, as it turned out, I was correct!

This eBook is the result of my experiment, where I documented everything I bought and cooked for 3 weeks. My hope is that these menu plans and recipes will show you that you absolutely can eat well, and improve your health in the process, without breaking the bank.

HOW THE EBOOK WORKS

This eBook is designed as a 3-week menu plan for 2 people. The average cost of following the menu plan is \$3 US per person, per day (\$42 per week total). In each weekly section you'll find all the recipes, grocery lists, and day-to-day instructions needed to prepare your meals. All the planning and organisation has been taken care of, so you only need to shop and cook. Easy!

Following the 3-week menu plan is a simple process:

1. Read all the information in the introductory sections, so you know what equipment you'll need, where to shop, and how to make individual adjustments to the plan (if needed).
2. Decide which day you're going to start following the 3-week menu plan- the sooner the better!
3. Two days before you start week one, grocery shop using the list provided, and do the prep work listed on page 11.
4. Get started! Save or print the menu plans for each week (1 through 3), and follow the day-by-day instructions that correspond. These instructions will help to ensure that you stay organised and on top of things.
5. Repeat the process for weeks 2 and 3, and then repeat again as many times as you like!

If you don't need to stick to a \$3 a day budget, or don't want to use the menu plans, no worries! You can still make savings on your grocery bills by cooking the recipes featured in this book. You can also mix and match recipes as you like to create your own plan.

INTRODUCTION

EATING PLANT-BASED FOR \$3 A DAY

NOTES ON PRICING

The prices included in this book are based purely on *what I spent* when using the menu plans. For this reason, the prices may not be accurate to your location, or reflect the real cost of following the menu plans where you live. All items are listed in local currency, and converted to US and Australian dollars (accurate at date of publication). For those wondering, '\$3 A Day' refers to the menu plan cost in **US dollars**, to keep this title consistent with [previous eBooks in the series](#). Regardless of regional differences, this book should provide a somewhat universal framework for low-cost plant-based eating. It uses ingredients that are widely available and affordable in most parts of the world. For a budget-based menu plan that is more detailed, and has location-accurate pricing, see [Whole Food Plant-Based on \\$5 a Day](#).

NOTES ON NUTRITIONAL CONTENT

- **Energy:** According to calorie tracker [Cronometer.com](#), the menu plans provide an average of 2000 calories per day. One of my goals was to ensure that, despite the low budget, the meals be would be filling and satisfying, providing enough energy to meet the needs of most adults.
- **Vitamin B12:** It is recommended that anybody following a plant based diet long-term take a B12 supplement ([read more on the subject here](#)). B12 supplements can be purchased inexpensively at most health stores and pharmacies. Their cost is included in the daily budget as well.
- **Salt:** Some recipes include the option to add salt to taste. However, you can of course omit the salt from recipes, especially if you need to for health reasons. Alternatively you can leave it out of the recipe, and instead add a small amount of salt to your food at meal times.

ADJUSTING FOR ONE PERSON

The menu plan and recipes in this book are designed for two people, since we are with two in our household. If you're just preparing the meals for yourself, my suggestion would be to:

- Halve the quantity of all items on the grocery lists each week
 - Halve all the ingredients in the recipes (except for 'single-serve' recipes, such as muesli bowls)
- OR
- Follow the 2 person menu plan, and repeat each week once before moving on to the next (ie. follow 'Week 1' for 2 weeks, then move on to 'Week 2' for 2 weeks). This is of course more repetitive, but is likely to work out cheaper as you'll be buying more in bulk.
 - Buy the *full* quantity of all pantry items and frozen foods listed for each week (grains, legumes, spices, seeds, frozen spinach, etc.). This will be enough for a full two weeks.
 - Purchase *half* the quantity of all fresh fruits and veggies listed at the start of *every* week (ie. two weeks in a row). This will help you ensure fruits and veggies don't spoil by the second week.

ADJUSTING FOR DIETARY NEEDS

In each weekly section, you will find notes on how to adjust the menu plans to accommodate allergies, or how to adjust them if your energy (calorie) needs are lower. This may increase or decrease your weekly food costs, depending on the adjustments that have to be made.

INTRODUCTION

EATING PLANT-BASED FOR \$3 A DAY

WHERE TO SHOP

The grocery lists in this book feature several of the same ingredients each week, including oats, potatoes, bananas, apples, brown rice, whole grain pasta, and frozen greens. For this reason, it pays to do a little research! Have a look online, or shop around to see which stores in your area have the best prices on regularly bought items. Buying from the bulk section, buying generic brands, and visiting local farmer's markets can help as well. I managed to do all my shopping in two places:

1. My local grocery store. They have all their products and prices available online, so I could see ahead of time which fruits, vegetables and pantry items were on special, and tailor my menu plan accordingly. They always have items like oats, soy milk, bananas and whole wheat pasta available at a very low price.
1. The second place I shopped was at a local Turkish grocers. They have a bulk-purchase section with spices, grains, and legumes at bargain prices. This allowed me to purchase the exact quantities I needed each week (perfect for anyone living paycheck-to-paycheck!) While there, I would compare the price of fresh produce to the supermarket prices, and purchase whichever items were more affordable. Doing this helped me to save around \$4-\$5 each week.

EQUIPMENT YOU'LL NEED

- Oven
- Stove
- Knives for chopping
- Chopping board
- Large pot (6 litres / quarts or more)
- Medium pot (4 liters / quarts or more)
- Colander
- Small or medium non-stick frying pan
- Large and medium mixing bowl
- Baking trays
- Non-stick baking sheets or baking paper
- Cooking utensils (ladle, spatula & spoons)
- Measuring cups and spoons
- Large rectangular baking dish
- Vegetable grater
- Blender
- Garlic press (optional)
- Kitchen scales (optional, for accuracy)
- Rice cooker (optional)
- 12-14+ food storage containers
 - With fitted lids
 - Suitable for freezing
 - Mix of containers with 0.5-3 litre (quart) capacity is ideal

ADDITIONAL RESOURCES

If you'd like to learn more about eating plant-based on a budget, or about plant-based eating in general, the following articles and resources will provide additional information and guidance:

- [Whole Food Plant-Based on \\$5 a Day](#) (a more comprehensive version of this eBook)
- [Healthy Plant-Based Eating: An Introduction](#)
- [How to Prepare Grains](#)
- [How to Prepare Legumes](#)
- [How to Store Leftovers](#)
- [Plant-Based on a Budget](#)
- [The Benefits of Bulk-Buying \(and how to do it!\).](#)

INTRODUCTION

EATING PLANT-BASED FOR \$3 A DAY

PREPARING HOMEMADE BROTH

Most of the lunch and dinner recipes in this book use homemade vegetable broth. This helps add depth and flavour to the meals, at no added expense. Use the weekly 'Food Prep Guides' to see which days you should prepare your vegetable broth on.

Remember to save **all** your vegetable scraps each week (and ideally have some on hand before you start week one!) This includes garlic and onion skins, carrot tops, celery leaves and ends, sweet potato skins, cauliflower leaves, zucchini tops, broccoli stalks, etc. Every time you cook a meal, wash the scraps, then transfer them to a container or Ziploc bag, and place them in the freezer. When the time comes to make broth, do the following:

1. Place all the veggie scraps in a very large pot, along with 2 teaspoons of Italian Herb seasoning. Add enough water so that the vegetable scraps are *just* covered.
2. Bring the liquid to a boil, then reduce heat to a low simmer. Cover the pot, and leave to cook for 1 to 1.5 hours (if you have a pressure cooker, cook for 10-12 minutes, natural release).
3. Once finished, remove the pot from the heat, and set aside to cool for one hour.
4. Use a large colander to drain the liquid into a large mixing bowl, then transfer the vegetable broth to containers in 2-3 cup portions. Refrigerate for the week ahead.
5. If you have more broth than you need one week, simply freeze it for the following weeks. Thaw the broth at room temperature, or in a microwave, before using.

If preferred, you can substitute store-bought vegetable broth. Keep in mind that this will add to your grocery costs for the week. I recommend using a broth that is free from added salt, so that you can control the amount of sodium that goes into each meal.

A NOTE ON PORTION SIZES

Those who have used my menu plans before will be aware that the portion sizes are *very* generous. My reasoning for this is as follows:

1. My goal is to show that a \$3 a day budget can provide enough food for most adults. It would be fairly easy to create a budget-based menu plan that provides only 1300-1400 calories, but this would not suit the needs of most people- myself included! As such, I try to cater to those requiring *more* food, rather than less, to ensure that 90-95% of people won't go hungry while using the menu plans.
2. The meals in this eBook are built around whole grains and whole grain products, legumes, fruits and vegetables. These are the cornerstones of a nutritious plant-based diet. Additionally, the recipes contain no added oil or sugar, and as a result the meals are generally low in calorie density ([which you can read more about on my website](#)). Because the meals are low in calorie density, a greater *volume* of food may be required for people to meet their energy needs.

For most people, this is good news, as it means enjoying generous portions! For those who find the portion sizes *too* large, don't worry- you can always freeze your extra leftovers. This means you'll already have meals ready to go after you finish following the menu plans (making it even more cost-effective!)

GROCERY LIST

WEEK ONE

ITEM	UNIT PRICE	TOTAL
15 bananas	0.99 per 5	2.97
2 kg apples	1.99 per 2 kilo bag	1.99
3 medium zucchini	0.65 each	1.95
1 kg (2.2 lb.) sweet potatoes	1.99 per kilo	1.99
2 kg (4.5 lb.) carrots	0.99 per 2 kilo bag	0.99
1 head garlic	5.90 per kilo	0.30
3 kg (6.5 lb.) potatoes	2.49 per 3 kilo bag	2.49
1 kg (2.2 lb.) onions	0.99 per kilo	0.99
280g (10 oz.) sunflower seeds*	7.88 per kilo	2.20
200g (7 oz.) ground flax seed*	3.89 per kilo	0.78
350g (12.5 oz.) dry red lentils*	1.99 per kilo	0.70
400g (14 oz.) dry black beans*	3.49 per kilo	1.40
350g (12.5 oz.) dry chickpeas*	3.99 per kilo	1.05
1 kg (2.2 lb.) brown rice*	1.69 per kilo	1.62
5 x 400g (14 oz.) cans diced tomatoes	0.35 each	1.75
2 x 500g (16 oz.) whole wheat pasta	0.99 each	1.98
1.5 kg (3.3 lb.) quick-cooking oats	0.45 per 500g bag	1.35
2 litres (64 fl oz.) soy milk / plant milk	0.65 per litre	1.30
450g (16oz) bag frozen kale	0.49 each	0.49
450g (16 oz.) bag frozen peas	0.59 each	0.59
900g (32 oz.) bag frozen spinach	0.99 each	0.99
750g (26 oz.) raisins	1.89 per bag	1.89
100g (3.5 oz.) no-salt Italian herb blend	0.99 per bag	0.99
100g (3.5 oz.) ground cinnamon	0.99 per bag	0.99
100g (3.5 oz.) no-salt curry powder blend	0.99 per bag	0.99
100g (3.5 oz.) no-salt Mexican spice blend or taco seasoning**	0.99 per bag	0.99
60g (or more) iodized salt	0.29 per container	0.29
2 x 1000mcg B12 supplements***	0.20 per tablet	0.40

GRAND TOTAL: €36.41 (US: \$40.95 / AU: \$59.95)
COST PER PERSON, PER DAY: €2.60 (US: \$2.92 / AU: \$4.28)

*** NEXT TO ITEM = SEE RECIPE NOTES ON FOLLOWING PAGE**

GROCERY LIST

WEEK ONE

NOTES ON * INGREDIENTS

All items marked with a single * were purchased from bulk bins in the quantity required for this week. If you don't have access to a bulk section in your local store or supermarket, simply try to purchase packages close to the quantity required. Alternatively, you can opt to buy larger quantities of these items this week, and use the remainder in the coming weeks (this is likely to be the more cost-effective option).

** **No-salt Mexican spice blend or taco seasoning:** This blend should include things such as paprika, cumin, coriander seed, cayenne / chili, oregano, garlic and onion. It shouldn't be overly spicy.

*** **B12 supplements:** Required when following a strictly plant-based diet (see page 2). B12 supplements can be purchased inexpensively online, from health food stores, or in supermarkets. I purchased a jar of 40 x 1000mcg chewable tablets for \$7.99, and take one per week (per person).

SUBSTITUTIONS FOR DIETARY NEEDS

Gluten Free: Use certified gluten-free oats. Substitute gluten-free pasta for whole wheat, OR substitute 1kg millet or quinoa for the pasta, and serve this with the Savoury Chickpea & Vegetable Stew instead.

Soy Free: Use almond, oat or rice milk instead of soy milk.

Seed allergies: Omit sunflower and / or flax seed as required.

(Please note that these substitutions may increase your grocery costs for the week.)

ADJUSTMENTS FOR LOWER ENERGY NEEDS (1500-1600 kcal)

This week's menu plan provides approximately 2000-2100 calories per day. If your energy needs are lower, I would suggest making the following adjustments:

- Skip the apple pie oats (-325 calories per day) and just have an apple instead. This means you will need to adjust some items on your grocery list, as follows:
 - 900 (32 oz.) grams oats
 - 1 liter (32 fl oz.) plant milk
 - 100 grams (3.5 oz.) ground flax seed
 - 140 grams (5 oz.) sunflower seeds
 - 500 grams (18 oz.) raisins
- Reduce all servings of pasta and brown rice by 30 grams (-150 calories per day). This means 70 grams (dry weight) per person per serve, instead of 100g. You will only need to purchase:
 - 700g brown rice (24 oz.)
 - 700g whole wheat pasta (24 oz.)

WEEKLY MENU PLAN

WEEK ONE

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1	OVERNIGHT OATS WITH BANANA & RAISINS	ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE	PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW	APPLE PIE OATMEAL
DAY 2	OVERNIGHT OATS WITH BANANA & RAISINS	ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE	BLACK BEAN AND KALE CHILLI WITH BAKED POTATOES	APPLE PIE OATMEAL
DAY 3	OVERNIGHT OATS WITH BANANA & RAISINS	BLACK BEAN AND KALE CHILLI WITH BAKED POTATOES	PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW	APPLE PIE OATMEAL
DAY 4	OVERNIGHT OATS WITH BANANA & RAISINS	PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW	ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE	APPLE PIE OATMEAL
DAY 5	OVERNIGHT OATS WITH BANANA & RAISINS	ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE	BLACK BEAN AND KALE CHILLI WITH BAKED POTATOES	APPLE PIE OATMEAL
DAY 6	OVERNIGHT OATS WITH BANANA & RAISINS	BLACK BEAN AND KALE CHILLI WITH BAKED POTATOES	PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW	APPLE PIE OATMEAL
DAY 7	OVERNIGHT OATS WITH BANANA & RAISINS	PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW	ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE	APPLE PIE OATMEAL

FOOD PREP GUIDE

WEEK ONE

BEFORE DAY 1:

- Grocery shop for Week 1 (page 8-9).
- Soak and cook 350 grams of chickpeas ([see guide here](#) if needed).
- Soak and cook 350 grams of black beans ([see guide here](#) if needed).
- Prepare a batch of homemade vegetable broth for the week ahead (see page 7).
- Cook the Roasted Sweet Potato, Pea & Lentil Curry (page 13). Refrigerate 4 portions (two for tomorrow, and two for day 2). Freeze the remaining 6 portions for later in the week.
- Prepare 2 portions of Overnight Oats for tomorrow's breakfast (page 11).

DAY 1:

- **Breakfast:** Enjoy your overnight oats.
- **Lunch:** Cook 400g of brown rice, and refrigerate half for tomorrow. Serve remaining rice with 2 portions of Roasted Sweet Potato, Pea & Lentil Curry.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Dinner:** Cook the Pasta with Savoury Chickpea & Vegetable Stew (page 15). Only cook the amount of pasta needed for tonight's dinner (200g dry weight). Refrigerate 4 portions of stew, and freeze the remaining 4 portions for later in the week.
- **Prep:** Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).

DAY 2:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm 2 portions of Roasted Sweet Potato, Pea & Lentil Curry with brown rice.
- **Dinner:** Cook the Black Bean & Vegetable Chili, but **only** bake 1.5 kg (3.3 lb.) of potatoes. Refrigerate half the potatoes and 2 portions of chili for tomorrow's lunch. Freeze the remaining 4 portions of chili for later in the week.
- **Prep:** Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).

DAY 3:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm 2 portions of chili, and serve over the the remaining baked potatoes.
- **Dinner:** Cook 400g (dry weight) pasta- keep half for tonight, and refrigerate the other half for tomorrow's lunch. Warm 2 portions of Savoury Chickpea & Vegetable Stew, and serve over the pasta.
- **Prep:**
 - Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).
 - Thaw 4 portions of Roasted Sweet Potato, Pea & Lentil Curry for tomorrow.

DAY 4:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm and enjoy 2 portions of Pasta with Savoury Chickpea & Vegetable Stew.
- **Dinner:** Cook 400g of brown rice, and refrigerate half for tomorrow. Serve remaining rice with 2 portions of Roasted Sweet Potato, Pea & Lentil Curry.
- **Prep:**
 - Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).
 - Thaw 4 portions of Black Bean & Vegetable Chili for tomorrow.

FOOD PREP GUIDE

WEEK ONE

DAY 5:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm 2 portions of Roasted Sweet Potato, Pea & Lentil Curry with brown rice.
- **Dinner:** Bake 1.5 kg (3.3 lb.) potatoes. Keep half for tonight, and refrigerate the other half for tomorrow. Warm 2 portions of Black Bean & Vegetable Chili, and serve over potatoes.
- **Prep:**
 - Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).
 - Thaw 4 portions of Savoury Chickpea & Vegetable Stew for tomorrow.

DAY 6:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm 2 portions of Black Bean & Vegetable Chili, and serve over the the remaining baked potatoes.
- **Dinner:** Cook 400g (dry weight) pasta- keep half for tonight, and refrigerate the other half for tomorrow's lunch. Warm 2 portions of Savoury Chickpea & Vegetable Stew, and serve over the pasta.
- **Prep:**
 - Prepare a batch of homemade vegetable broth for next week (see page 7).
 - Soak 400g of chickpeas.
 - Make 2 portions of Overnight Oats for tomorrow's breakfast (page 11).
 - Thaw the last 2 portions of Roasted Sweet Potato, Pea & Lentil Curry for tomorrow.

DAY 7:

- **Breakfast:** Enjoy your overnight oats.
- **Snack:** Prepare the Apple Pie Oatmeal (page 12 - one portion per person).
- **Lunch:** Warm and enjoy 2 portions of Pasta with Savoury Chickpea & Vegetable Stew.
- **Dinner:** Cook 200g (dry weight) brown rice. Serve with the last 2 portions of Roasted Sweet Potato, Pea & Lentil Curry.
- **Prep:**
 - Drain, rinse and cook the chickpeas ([see guide here if needed](#)).
 - Make the muesli mix for next week's breakfasts (page 23).
 - Make the Roasted Onion Hummus with Carrot Sticks (page 24).
 - Make the Eggplant & Chickpea Curry (Page 26). Refrigerate 6 portions, and freeze 4 portions.
 - Cook 200g of brown rice for tomorrow's lunch.

WEEK 1

OVERNIGHT OATS WITH BANANA & RAISINS

PREP TIME: 5 MINS

COOK TIME: -

SERVINGS: 1

INGREDIENTS

- HEAPING 1/2 CUP OATS
- 1/4 TSP. GROUND CINNAMON
- 1 TBSP. GROUND FLAX SEED
- 2 TBSP. RAISINS
- 1/4 CUP SOY MILK
- 1/2 CUP WATER
- 1 BANANA
- 1 TBSP. SUNFLOWER SEEDS

RECIPE NOTES

Overnight oats are an excellent breakfast option, particularly for people who have to eat breakfast on the go or at work. Prepare these the night before so they're ready to eat straight from the fridge in the morning!

INSTRUCTIONS

Combine the oats, cinnamon, flax seed, raisins, soy milk and water in a container or glass jar. Mix well. Cover and refrigerate overnight. To serve, add 1 chopped banana, and mix through. Sprinkle sunflower seeds over the top, and enjoy.

STORING LEFTOVERS

Overnight oats are best consumed within 24 hours of preparation.

SUBSTITUTIONS

If you're not a fan of banana, you can substitute any other fresh fruit in its place. You can also try this with different varieties of dried fruit in place of raisins, including chopped pitted dates, chopped dried apples, or chopped dried apricots (keep in mind that these options are likely to be slightly more expensive).

Almond, rice or oat milk can be substituted in place of soy milk, if preferred.

WEEK 1

APPLE PIE
OATMEAL

PREP TIME: 10 MINS

COOK TIME: -

SERVINGS: 1

INGREDIENTS

- HEAPING 1/3 CUP OATS
- 1/4 CUP SOY MILK
- 1/3 CUP WATER
- 1 TBSP. GROUND FLAX
- 1 TBSP. RAISINS
- 1/4 TSP. GROUND CINNAMON
- 1 APPLE, GRATED OR DICED
- 1 TBSP. SUNFLOWER SEEDS

RECIPE NOTES

This is a simple recipe that can be enjoyed as a snack or for breakfast. It can be served either hot or cold, making it perfect for every season!

INSTRUCTIONS

To serve cold: combine the oats, soy milk, water, flax, raisins and cinnamon in a bowl. Stir to combine. Top with apple and sunflower seeds, and enjoy.

To serve hot:

1. Combine the oats, soy milk, water, flax, raisins, apple and cinnamon in a small pot or saucepan. Stir to combine. Cook over a medium heat, stirring constantly, for about 5 minutes (or until all the liquid is absorbed.)
2. Transfer oatmeal to a bowl. Top with sunflower seeds, and enjoy.

STORING LEFTOVERS

This dish should be consumed immediately.

SUBSTITUTIONS

Pears can be substituted for apples in this recipe. You can also try this with different varieties of dried fruit in place of raisins, including chopped pitted dates, chopped dried apples, or chopped dried apricots (keep in mind that these options are likely to be more expensive).

Almond, rice or oat milk can be substituted in place of soy milk, if preferred.

WEEK 1

ROASTED SWEET POTATO, PEA & LENTIL CURRY WITH BROWN RICE

PREP TIME: 15 MINS

COOK TIME: 45 MINS

SERVINGS: 10

INGREDIENTS

- 500G (16-18 OZ.) SWEET POTATO, PEELED AND CUT INTO CHUNKS
- 2 MEDIUM BROWN ONIONS, DICED
- 4 CLOVES GARLIC, CRUSHED
- 7 MEDIUM CARROTS, DICED
- 5 CUPS HOMEMADE VEGETABLE BROTH (OR WATER)
- 4 TBSP. SALT-FREE CURRY POWDER
- 350G (12.5 OZ.) SPLIT RED LENTILS
- 450G (16 OZ.) FROZEN SPINACH, THAWED
- 450G (16 OZ.) FROZEN PEAS
- 1-2 TSP. SALT, TO TASTE (OPTIONAL)
- 4 CUPS UNCOOKED BROWN RICE (APPROX. 1KG / 32 OZ.)

RECIPE NOTES

Roasted sweet potato adds a delicious sweetness to this hearty curry dish. This makes a lot of servings, so you will need a very large pot to cook it in! (6+ litres / quarts.)

INSTRUCTIONS

1. Cook the brown rice using your preferred cooking method (see cooking instructions here: <https://bit.ly/3hk3ABg>).
2. Preheat the oven to 200°C / 390°F. Line a baking tray with a nonstick baking sheet or baking paper. Spread the sweet potato out over the tray in a single layer, and bake for 20 minutes, or until tender.
3. While the sweet potato bakes, start preparing the curry. Place the spinach in a colander or sieve over the sink, squeeze out any excess liquid, and set aside.
4. Combine the onion, garlic and carrots in a large pot, along with half a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
5. Add the curry powder to the pot, with an additional 1/2 cup of broth or water. Continue cooking, while stirring, for an additional 2 minutes.
6. Add the lentils and all remaining vegetable broth. Stir, reduce heat to medium, then cover the pot and leave to simmer for 20 minutes. Check and stir every 5 minutes to prevent the lentils from sticking to the bottom of the pot.
7. When the sweet potato is done, remove it from the oven and set it aside.
8. After 20 minutes of simmering, add the peas, spinach and roasted sweet potato to the pot. Stir to combine. Cover and cook for an additional 5 minutes.
9. Remove the pot from the heat, stir through the salt (if using) and leave to stand for 5 minutes.
10. Serve the curry with a portion of brown rice to accompany.

STORING LEFTOVERS

Pack the rice and curry into separate containers. Refrigerate for up to 2 days, and freeze for up to 1 month.

SUBSTITUTIONS

Butternut squash (butternut pumpkin for the Aussies!) can be substituted for sweet potato. Split yellow lentils can be used in place of red lentils, but you may need to increase the cooking time by 5-10 minutes.

WEEK 1

PASTA WITH SAVOURY CHICKPEA & VEGETABLE STEW

PREP TIME: 20 MINS

COOK TIME: 45 MINS

SERVINGS: 10

INGREDIENTS

- 5 CLOVES GARLIC, CRUSHED
- 500G (16-18 OZ.) SWEET POTATO, PEELED AND CUT INTO CHUNKS
- 3 ZUCCHINI, CUT INTO CHUNKS
- 2 MEDIUM BROWN ONIONS, DICED
- 7 MEDIUM CARROTS, DICED
- 1.75 CUPS HOMEMADE VEGETABLE BROTH (OR WATER)
- 3 X 400G (14 OZ.) CANS DICED TOMATOES
- 3 TBSP. SALT-FREE ITALIAN HERB SEASONING
- 4.5 CUPS COOKED CHICKPEAS
- 450G (16 OZ.) FROZEN SPINACH, THAWED
- 1-2 TSP. SALT, TO TASTE (OPTIONAL)
- 1KG (32 OZ.) WHOLE WHEAT PASTA

RECIPE NOTES

You will need to soak and cook 350g of dry chickpeas the day before making this dish. You can find instructions for cooking legumes here: <https://bit.ly/3jnSLQj>. If you would prefer to use canned chickpeas, you will need 4 x 400g (14 oz.) cans. This makes a lot of servings, so you'll need a very large pot to cook it in! (6+ litres / quarts.)

INSTRUCTIONS

1. Prepare the pasta by following the instructions on the packet you bought. You will need to cook 100g of pasta (dry weight) per person per serve. Once the pasta has cooked, drain and set it aside.
2. Preheat the oven to 200°C / 390°F. Line a baking tray with a nonstick baking sheet or baking paper.
3. Combine the garlic, sweet potato and zucchini in a large bowl. Toss to combine. Spread out over the baking tray, and bake for 25-30 minutes (or until tender and starting to brown).
4. While the vegetables bake, start preparing the chickpea stew. Place the spinach in a colander or sieve over the sink, squeeze out any excess liquid, and set aside.
5. Combine the onions and carrots in a large pot, along with half a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
6. Add the tomatoes, herb seasoning, chickpeas and remaining broth to the pot. Stir to combine. Reduce heat to medium, then cover the pot and leave to simmer for 15 minutes.
7. Once the roasted veggies are done, remove them from the oven. Carefully add them to the pot, along with the spinach. Stir to combine, then cover and simmer for an additional 5 minutes.
8. Remove the pot from the heat, stir through the salt (if using) and leave to stand for 5 minutes. To serve, ladle a generous serving of chickpea-veggie stew over a portion of pasta, and enjoy!

STORING LEFTOVERS

Transfer pasta to a container and refrigerate for up to 3 days. Transfer chickpea-veggie stew to a separate container(s); refrigerate for up to 4 days, and freeze for up to 1 month.

SUBSTITUTIONS

For a gluten-free version, use gluten-free pasta. You can also serve the stew over brown rice, or another gluten-free whole grain. Butternut squash (butternut pumpkin for the Aussies!) can be substituted for sweet potato. Substitute white beans for chickpeas if preferred.

WEEK 1

BLACK BEAN & VEGETABLE CHILI WITH BAKED POTATOES

PREP TIME: 20 MINS

COOK TIME: 45 MINS

SERVINGS: 8

INGREDIENTS

- 2 MEDIUM BROWN ONIONS, DICED
- 4 CLOVES GARLIC, CRUSHED
- 6 MEDIUM CARROTS, DICED
- 2 CUPS HOMEMADE VEGETABLE BROTH (OR WATER)
- 4 TBSP. SALT-FREE MEXICAN SPICE BLEND OR TACO SEASONING
- 6 CUPS COOKED BLACK BEANS
- 2 X 400G (14 OZ.) CANS DICED TOMATOES
- 450G (16 OZ.) FROZEN KALE, THAWED
- 1 - 1.5 TSP. SALT TO TASTE (OPTIONAL)
- 3KG (6.5 LB.) POTATOES

RECIPE NOTES

You will need to soak and cook 400g of dry black beans the day before making this dish. You can find instructions for cooking legumes here: <https://bit.ly/3jnSLQj>. If you would prefer to use canned beans, you will need 4 x 400g (14 oz.) cans. This makes a lot of servings, so make sure you have a very large pot to cook it in! (6+ litres / quarts.)

INSTRUCTIONS

1. Preheat the oven to 200°C / 390°F. Line a baking tray with a nonstick baking sheet or baking paper.
2. Wash the potatoes, remove any blemishes with a knife, then score a cross in the top of each one. Arrange on the baking tray and bake in the oven until potatoes are tender (40-50 minutes for large, 30-40 for medium, 25-30 for small).
3. While the potatoes bake, start preparing the chili. Combine the onion, garlic and carrots in a large pot, along with 1/2 a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
4. Add the Mexican spice blend to the pot, with an additional 1/2 cup of broth or water. Continue cooking, while stirring, for an additional 2 minutes.
5. Add the beans, tomatoes, and remaining vegetable broth. Stir to combine, then reduce heat to medium. Cover the pot and leave to simmer for 10 minutes.
6. After 10 minutes of simmering, add the kale to the pot. Stir, then cover and cook for an additional 5 minutes.
7. Remove the chili from the heat, stir through the salt (if using) and leave to stand for 5 minutes.
8. To serve, place a portion of baked potatoes on a plate, and split each one open along the scored lines. Top with a serving of chili, and enjoy.

A little splash of hot sauce is delicious on this dish, if you happen to have some on hand!

STORING LEFTOVERS

Transfer potatoes to a container and refrigerate for up to 2 days. Transfer the chili to a separate container(s); refrigerate for up to 4 days, and freeze for up to 1 month.

SUBSTITUTIONS

Kidney beans or black-eyed beans can be used in place of black beans. Frozen chopped spinach or collard greens can be used in place of kale. The chili can also be served over brown rice, or another whole grain, if preferred.

GROCERY LIST

WEEK TWO

ITEM	UNIT PRICE	TOTAL
5 tbsp. no-salt Italian herb blend	Leftover from last week	0.00
3.5 tsp. ground cinnamon	Leftover from last week	0.00
4.5 tbsp. no-salt curry powder blend	Leftover from last week	0.00
3 tsp. no-salt Mexican spice blend	Leftover from last week	0.00
1 + 2/3 cup raisins	Leftover from last week	0.00
15 x bananas	0.99 per 5	2.97
2 kg (4.4 lb.) apples	1.99 per bag	1.99
2 lemons	0.30 each	0.60
3 medium zucchini	0.59 each	1.77
200g (7 oz.) fresh spinach	1.39 each	1.39
1 bunch celery	0.99 each	0.99
600g (20-22 oz.) mushrooms	3.71 per kilo	2.22
3 large eggplants	0.65 each	1.95
Large head cauliflower	1.99 each	1.99
Large head broccoli	1.98 per kilo	0.99
2 kg (4.4 lb.) carrots	0.49 per kilo	0.98
1 med. butternut pumpkin (or 500g / 16 oz. sweet potato)	0.69 per kilo	0.87
1 head garlic	5.99 per kilo	0.30
1 kg (2.2 lb.) potatoes	1.09 per kilo	1.09
2 kg (2.2 lb) onions	1.29 per bag	1.29
200g (7 oz.) sunflower seeds*	7.88 per kilo	1.57
50g (2 oz.) sesame seeds*	6.40 per kilo	0.37
120g (4.5 oz.) ground flax seed*	3.89 per kilo	0.47
300g (11 oz.) brown lentils*	1.99 per kilo	0.60
400g (14 oz.) chickpeas*	2.99 per kilo	1.20
1 kg (32 oz.) brown rice*	1.69 per kilo	1.69
1 kg (32 oz.) whole wheat flour	0.99 each	0.99
20g (0.7 oz.) instant yeast	0.59 each	0.59
90g (3 oz.) baking powder	0.49 each	0.49
5 x 400g (14 oz.) cans diced tomatoes	0.35 each	1.75
2 x 500g (16 oz.) whole wheat pasta	0.99 each	1.98
1 kg (32 oz.) quick-cooking oats	0.45 per 500g	0.90
2 litres (64 fl oz.) soy milk / plant milk	0.65 per litre	1.30
450g (16 oz.) frozen kale	0.49 each	0.49
450g (16 oz.) frozen spinach	0.49 each	0.49
2 x 1000mcg B12 supplements**	0.20 per tablet	0.40

GRAND TOTAL: €36.67 (US: \$41.20 / AU: \$60.41)
COST PER PERSON, PER DAY: €2.62 (US: \$2.94 / AU: \$4.31)

*** NEXT TO ITEM = SEE RECIPE NOTES ON FOLLOWING PAGE**

GROCERY LIST

WEEK TWO

NOTES ON * INGREDIENTS

All items marked with a single * were purchased from bulk bins in the quantity required for this week. If you don't have access to a bulk section in your local store or supermarket, simply try to purchase packages close to the quantity required. Alternatively, you can opt to buy larger quantities of these items this week, and use the remainder in the coming weeks (this is likely to be the more cost-effective option).

** **B12 supplements:** Required when following a strictly plant-based diet (see page 2). B12 supplements can be purchased inexpensively online, from health food stores, or in supermarkets. I purchased a jar of 40 x 1000mcg chewable tablets for \$7.99, and take one per week (per person).

SUBSTITUTIONS FOR DIETARY NEEDS

Gluten Free: Make the following adjustments to your grocery list:

- Omit the yeast, baking powder and whole wheat flour
- Use certified gluten-free oats, and add in an extra 200g (7 oz.) to the total weight
- Substitute gluten-free pasta for whole wheat
- Add 400g millet or brown rice to serve with the vegetable soup, in place of bread
- Have a little corn starch or potato starch on hand to thicken the curry (2 tablespoons)

Soy Free: Use almond, oat or rice milk instead of soy milk.

Seed Allergies: Omit sunflower and / or flax seed as required.

(Please note that these substitutions may increase your grocery costs for the week.)

ADJUSTMENTS FOR LOWER ENERGY NEEDS (1500-1600 kcal)

This week's menu plan provides approximately 1900-2000 calories per day. If your energy needs are lower, I would suggest the following adjustments:

- Skip the caramelised onion hummus and just have carrot sticks instead (-200 calories per person on days 1, 2 & 3).
- Skip the whole wheat bread rolls (-260 calories per person on days 3, 4, 6 & 7).
- Skip the pancakes and enjoy the stewed apples on their own as a snack (-150 calories per person on days 4, 5, 6 & 7).
- Reduce all servings of pasta and brown rice by 30 grams (-75 calories per person per day).

You will need to adjust your grocery list as follows:

- Omit: sesame seeds, lemons, whole wheat flour, baking powder, yeast
- Buy 2 less onions (approximately 1.2 kg instead of 2 kg).
- Reduce chickpeas from 400g (14 oz.) to 200g (7 oz.)
- Reduce brown rice from 1 kg to 700g (24 oz.)
- Reduce whole wheat pasta from 1 kg to 700g (24 oz.)

WEEKLY MENU PLAN

WEEK TWO

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1	MUESLI BOWL WITH FRESH FRUIT & SEEDS	EGGPLANT & CHICKPEA CURRY WITH BROWN RICE	PASTA WITH LENTIL & MUSHROOM BOLOGNESE	ROASTED ONION HUMMUS WITH CARROT STICKS
DAY 2	MUESLI BOWL WITH FRESH FRUIT & SEEDS	PASTA WITH LENTIL & MUSHROOM BOLOGNESE	EGGPLANT & CHICKPEA CURRY WITH BROWN RICE	ROASTED ONION HUMMUS WITH CARROT STICKS
DAY 3	MUESLI BOWL WITH FRESH FRUIT & SEEDS	EGGPLANT & CHICKPEA CURRY WITH BROWN RICE	VEGETABLE SOUP WITH HOMEMADE BREAD ROLLS	ROASTED ONION HUMMUS WITH CARROT STICKS
DAY 4	MUESLI BOWL WITH FRESH FRUIT & SEEDS	VEGETABLE SOUP WITH HOMEMADE BREAD ROLLS	PASTA WITH LENTIL & MUSHROOM BOLOGNESE	WHOLE WHEAT PANCAKES WITH STEWED APPLES
DAY 5	MUESLI BOWL WITH FRESH FRUIT & SEEDS	PASTA WITH LENTIL & MUSHROOM BOLOGNESE	EGGPLANT & CHICKPEA CURRY WITH BROWN RICE	WHOLE WHEAT PANCAKES WITH STEWED APPLES
DAY 6	MUESLI BOWL WITH FRESH FRUIT & SEEDS	EGGPLANT & CHICKPEA CURRY WITH BROWN RICE	VEGETABLE SOUP WITH HOMEMADE BREAD ROLLS	WHOLE WHEAT PANCAKES WITH STEWED APPLES
DAY 7	MUESLI BOWL WITH FRESH FRUIT & SEEDS	VEGETABLE SOUP WITH HOMEMADE BREAD ROLLS	PASTA WITH LENTIL & MUSHROOM BOLOGNESE	WHOLE WHEAT PANCAKES WITH STEWED APPLES

FOOD PREP GUIDE

WEEK TWO

BEFORE DAY 1:

- See prep notes for days 6 and 7 under 'Week 1 Food Prep Guide' (page 12).

DAY 1:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Enjoy one serving (per person) of Roasted Onion Hummus with carrot sticks.
- **Lunch:** Warm and enjoy 2 portions of Eggplant & Chickpea Curry with brown rice.
- **Dinner:** Make the Pasta with Lentil & Mushroom Bolognese (page 27). You will only need to cook 400g (dry weight) of pasta. Have half the cooked pasta tonight with 2 portions of bolognese. Refrigerate the remaining cooked pasta for tomorrow, along with 2 portions of Lentil & Mushroom Bolognese. Freeze the remaining 6 portions of bolognese for later in the week (one container with 4 portions, and one container with 2 portions).

DAY 2:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Enjoy one serving (per person) of Roasted Onion Hummus with carrot sticks.
- **Lunch:** Warm and enjoy 2 portions of Pasta with Lentil & Mushroom Bolognese.
- **Dinner:** Cook 400g brown rice. Serve half the rice with 2 portions of Eggplant & Chickpea Curry for dinner. Refrigerate the remaining rice for tomorrow's lunch.
- **Prep:** Make the whole wheat bread rolls for tomorrow's dinner (page 28). The dough needs time to rise, so make sure you have about 1.5 hours for the process. See storage tips on the recipe page for instructions on keeping the rolls.

DAY 3:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Enjoy one serving (per person) of Roasted Onion Hummus with carrot sticks.
- **Lunch:** Warm and enjoy 2 portions of Eggplant & Chickpea Curry with brown rice.
- **Dinner:** Make the Vegetable Soup (page 28). Serve each portion with one bread roll to accompany. Refrigerate remaining soup for later in the week.
- **Prep:**
 - Prepare the Whole Wheat Pancakes with Stewed Apples (page 25). Follow food storage instructions on the recipe page for the coming days.
 - Thaw the 4-portion container of Lentil & Mushroom Bolognese.

DAY 4:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Warm and enjoy the Whole Wheat Pancakes with Stewed Apples (one serving per person).
- **Lunch:** Warm and enjoy 2 portions of vegetable soup, with one bread roll per person to accompany.
- **Dinner:** Cook 400g (dry weight) pasta. Keep half for tonight, and refrigerate the rest for tomorrow's lunch. Warm 2 portions of Lentil & Mushroom Bolognese and serve over the pasta.
- **Prep:** Thaw 4 portions of Eggplant & Chickpea Curry.

FOOD PREP GUIDE

WEEK TWO

DAY 5:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Warm and enjoy the Whole Wheat Pancakes with Stewed Apples (one serving per person).
- **Lunch:** Warm and enjoy the leftover 2 portions of Pasta with Lentil & Mushroom Bolognese.
- **Dinner:** Cook 400g of brown rice; keep half for tonight, and refrigerate half for tomorrow. Warm 2 portions of Eggplant & Chickpea Curry and serve with brown rice.

DAY 6:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Warm and enjoy the Whole Wheat Pancakes with Stewed Apples (one serving per person).
- **Lunch:** Warm and enjoy 2 portions of Eggplant & Chickpea Curry with brown rice.
- **Dinner:** Warm 2 portions of Vegetable Soup, and serve each one with a bread roll to accompany (see notes on thawing the bread rolls on page 28.)
- **Prep:**
 - Prepare a batch of homemade vegetable broth for next week (see page 7).
 - Thaw the remaining 2 portions of Lentil & Mushroom Bolognese.
 - Soak 350g of black beans.
 - Soak 400g chickpeas.

DAY 7:

- **Breakfast:** Prepare two Muesli Bowls with Fresh Fruit & Seeds (page 23).
- **Snack:** Warm and enjoy the Whole Wheat Pancakes with Stewed Apples (one serving per person).
- **Lunch:** Warm 2 portions of Vegetable Soup, and serve each one with a bread roll to accompany (see notes on thawing the bread rolls on page 28.)
- **Dinner:** Cook 200g (dry weight) pasta. Serve with the remaining Lentil & Mushroom Bolognese sauce.
- **Prep:**
 - Cook the black beans & chickpeas ([see instructions here, if needed](#)).
 - Make the whole wheat bread rolls for next week's breakfasts (page 34).
 - Prepare the bulgur and chickpea mix for tomorrow's lunch (page 38). If you need to have your lunch ready to take with you in the morning, you should also prepare the Carrot & Beetroot Slaw,

WEEK 2

MUESLI BOWL WITH FRESH FRUIT & SEEDS

PREP TIME: 5 MINS

COOK TIME: -

SERVINGS: 14

INGREDIENTS

FOR THE MUESLI MIX (14 SERVINGS):

- 1KG (32 OZ.) QUICK-COOKING OATS
- 1 CUP RAISINS
- 1 CUP SUNFLOWER SEEDS
- 3/4 CUP GROUND FLAX SEED

TO SERVE (PER PORTION):

- 1 BANANA, CHOPPED
- 1/2 A MEDIUM APPLE, DICED
- 1/2 CUP SOY MILK
- 1/3 CUP WATER
- 1/4 TSP. GROUND CINNAMON

RECIPE NOTES

I love making a big batch of muesli week at the start of the week- it means you can have breakfast ready in a pinch! Apples, bananas, raisins and sunflower seeds are my favourite low-cost muesli additions, but you can make this with just about any variety of fresh fruits, dried fruits, seeds or chopped nuts that you have on hand (see substitution notes at the end of the recipe).

INSTRUCTIONS

For the muesli mix (makes 14 servings):

Combine all ingredients in a large mixing bowl, and mix to combine. Transfer to containers or glass jars for the week(s) ahead.

To serve (per portion):

Place 3/4 of a cup of muesli mix in a bowl. Add the water and soy milk, stir to combine, and leave to sit for 5 minutes.

Top muesli with fruit, sprinkle with cinnamon, and enjoy.

STORING LEFTOVERS

Prepared dry muesli mix can be kept in an airtight container for up to 6 months. Since it contains ground flax, it is best to store it in the freezer.

SUBSTITUTIONS

You can substitute any other seasonal fruit in place of apples, such as pears, nectarines, peaches or plums. You can also try this with different varieties of dried fruit in place of raisins, including chopped pitted dates, chopped dried apples, or chopped dried apricots (keep in mind that these options are likely to be more expensive).

Almond, rice or oat milk can be substituted in place of soy milk, if preferred.

WEEK 2

CARROT STICKS WITH ROASTED ONION HUMMUS

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVINGS: 6

INGREDIENTS

- 2 MEDIUM BROWN ONIONS
- 3 WHOLE CLOVES UNPEELED GARLIC
- 2.5 CUPS COOKED CHICKPEAS
- 3-4 TBSP. FRESH LEMON JUICE
- 1/2 TSP. SALT
- 2 TSP. SALT-FREE CURRY POWDER
- BLEND (OPTIONAL)
- 1/4 CUP (50G) TOASTED SESAME SEEDS
- 1/4 CUP WATER
- 6-8 LARGE (10-12 MEDIUM) CARROTS

RECIPE NOTES

One of my favourite budget-friendly snack options is carrot sticks with hummus. The addition of roasted onion and garlic in this recipe adds a greater depth of flavour to the hummus. I use whole roasted sesame seeds (from the bulk-bin section) as they are a great low-cost alternative to tahini paste. Keep in mind that the whole seeds do affect the texture of this hummus- if you would prefer it to be completely smooth, either omit the sesame seeds, or substitute 1 tablespoon of tahini paste in their place.

The day before making this dish, you will need to soak and cook dry chickpeas (see menu plan preparation instructions for week 2). If you would prefer to use canned chickpeas, you will need 2 x 400g (14 oz.) cans.

INSTRUCTIONS

1. Preheat the oven to 190°C / 375°F. Line a baking tray with a non-stick baking sheet or baking paper.
2. Cut the onion into 8 evenly-sized chunks, and arrange on the baking tray. Place the garlic cloves between the pieces of onion. Roast for 15-20 minutes, or until the onions edges are browning, but not burnt. Once cooked, remove the tray from the oven and set aside.
3. Combine the chickpeas, 3 tablespoons of lemon juice, salt, curry powder (if using) and sesame seeds in a blender or food processor. Remove the skin from the roasted garlic, and add the flesh to the blender or food processor along with the roasted onions. Process until well combined. Add water as needed, 1 tablespoon at a time, until you reach the desired consistency. Taste, and add more lemon juice if needed.
4. Transfer the hummus to containers, and refrigerate until cold.
5. Wash the carrots and cut each one into batons. Place all the carrots in a container, cover with cold water, and store in the fridge with a loose-fitting lid.
6. Serve each portion of carrot sticks with 1/3 cup of hummus for dipping.

STORING LEFTOVERS

The hummus will keep, refrigerated, for up to 4 days. Chopped carrots should be consumed within 3 days.

SUBSTITUTIONS

For a simple hummus recipe, omit the roasted onions, and blend 2 cloves of raw garlic together with the chickpeas, lemon juice, salt, sesame seeds, and 1/4 cup of water.

WEEK 2

WHOLE WHEAT PANCAKES WITH STEWED APPLES

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVINGS: 8

INGREDIENTS

FOR THE STEWED APPLES:

- 1 KG (32 OZ.) APPLES, PEELED AND CUT INTO SMALL CHUNKS
- 2/3 CUP RAISINS
- 2 TSP GROUND CINNAMON
- 2/3 CUP WATER

FOR THE PANCAKES:

- 1 OVERRIPE BANANA, MASHED
- 1 CUP SOY MILK
- 1 CUP WATER
- 1 TBSP. GROUND FLAX SEED
- 2 CUPS WHOLE WHEAT FLOUR
- 5 TSP. BAKING POWDER

RECIPE NOTES

Fantastic for breakfast, as a snack, or even a healthy dessert option, these pancakes are free from added oils and sugar. You will need a non-stick pan (I use a ceramic-coated one) to cook the pancakes without oil.

INSTRUCTIONS

TO MAKE THE STEWED APPLES:

1. Combine all ingredients in a pot, and bring to a boil. Stir to combine, then reduce heat to a low simmer. Cover, and leave to simmer for 10 minutes until the apples are tender.
2. Remove pot from the heat and set aside to cool. Transfer to a container or glass jars, and refrigerate until needed.

TO MAKE THE PANCAKES:

1. In a medium-sized mixing bowl, mash the banana with a fork. Add the soy milk, water and flaxseed, and stir to combine. Leave to rest for 5 minutes.
2. Sift the flour and baking powder into the mixing bowl, and gently mix the wet and dry ingredients together with a fork. Be careful not to over-mix the batter, as you'll end up with rubbery pancakes. (The batter should contain a few small lumps.)
3. Bring a non-stick frying pan to a medium heat. Add scant 1/4 cup measures of pancake batter to the pan, spreading the batter out with the back of a spoon to thin it a little. Once lots of bubbles form on top of the batter and begin to pop, flip the pancake over, and cook through for about 30 seconds. Repeat the process with the remaining batter, so that you have 16 pancakes in total.
4. Once all pancakes are cooked, transfer to containers or Ziploc bags. Place in the fridge (for up to 3 days) or freezer (for up to 1 month).

TO SERVE (PER PORTION):

Top 2 pancakes with 3 tbsp. of stewed apples, and warm through in a microwave for 30-40 seconds. Alternatively, you can reheat the pancakes in a non-stick pan on the stove, and warm the stewed apples in a small saucepan (or simply serve the stewed apples cold).

STORING LEFTOVERS

Stewed apples will keep, refrigerated, for up to 1 week. Prepared pancakes can be refrigerated for up to 3 days, or frozen for up to 1 month.

SUBSTITUTIONS

Almond or oat milk can be substituted for soy milk.

For a gluten-free version, serve the stewed apples in a bowl, topped with 1/4 cup of gluten-free oats.

WEEK 2

EGGPLANT & CHICKPEA CURRY WITH BROWN RICE

PREP TIME: 20 MINS

COOK TIME: 35 MINS

SERVINGS: 10

INGREDIENTS

- 4 MEDIUM / 3 LARGE EGGPLANT
- 4 TBSP. SALT-FREE CURRY POWDER
- 1 TSP. SALT (OPTIONAL)
- 2 CUPS HOMEMADE VEGETABLE BROTH (OR WATER)
- 2 MEDIUM ONIONS, DICED
- 3 CLOVES GARLIC, CRUSHED
- 1 LARGE HEAD BROCCOLI, CUT INTO FLORETS
- 1 LARGE HEAD CAULIFLOWER, CUT INTO FLORETS
- 2.5 CUPS COOKED CHICKPEAS
- 200G (7 OZ.) FRESH SPINACH LEAVES
- 1 TBSP. WHOLE WHEAT FLOUR
- 4 CUPS UNCOOKED BROWN RICE (APPROX. 1KG / 32 OZ.)

RECIPE NOTES

The day before making this dish, you will need to soak and cook dry chickpeas (see menu plan preparation instructions for week 2). If you would prefer to use canned chickpeas, you will need 2 x 400g (14 oz.) cans. This makes a *lot* of servings, so you'll need a very large pot to cook it in! (6+ litres / quarts.)

INSTRUCTIONS

1. Cook the brown rice using your preferred method (see cooking instructions here: <https://bit.ly/3hk3ABg>).
2. Preheat the oven to 210°C / 425°F. Line a baking tray with a non-stick baking sheet or baking paper.
3. Wash the eggplant, remove the tops, and cut into chunks approximately 3 cm thick (one inch). Place the eggplant pieces in a large bowl.
4. Combine 1 tbsp. of the curry powder and 1/4 tsp. of salt in a small bowl or jar, and mix together with 1/2 a cup of vegetable broth or water. Pour this over the eggplant, then toss to coat. Spread the eggplant out in an even layer on the baking tray, and bake for 20 minutes (or until tender).
5. While the eggplant bakes, start preparing the curry. Combine the onion and garlic in a very large pot, along with half a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
6. Add the remaining 3 tablespoons of curry powder to the pot, along with an additional 1/2 cup of broth or water. Continue to cook, while stirring, for another 2 minutes. Add the broccoli, cauliflower, and remaining 1/2 cup of broth or water. Stir to combine. Reduce heat to medium, cover the pot, and leave to simmer for 10 minutes.
7. Remove eggplant from the oven. Add it, along with the chickpeas and spinach, to the pot. Stir to combine. Cover and simmer for a further 5 minutes.
8. Mix the wholewheat flour together with 1/4 cup of cold water. Add this to the pot, and stir continuously until the liquid in the pot starts to thicken and coat the vegetables.
9. Remove the pot from the heat, stir through the remaining 3/4 tsp. of salt (if using), and leave to stand for 5 minutes. Serve with brown rice to accompany.

STORING LEFTOVERS

Transfer rice to a container and refrigerate for up to 2 days, or freeze for up to 1 month. Transfer curry to a separate container(s) and refrigerate for up to 5 days, or freeze for up to 1 month.

SUBSTITUTIONS

If you're not a fan of eggplant, substitute potatoes, sweet potatoes or pumpkin (use approximately 1kg / 2.2 lb.) Follow the same directions, increasing the roasting time if needed to ensure the potatoes / pumpkin are tender and cooked through. **For a gluten-free version** thicken the curry with corn starch or potato starch, instead of whole wheat flour.

WEEK 2

PASTA WITH LENTIL & MUSHROOM BOLOGNESE

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVINGS: 10

INGREDIENTS

- 1KG (32 OZ.) WHOLE WHEAT PASTA
- 450G (32 OZ.) FROZEN SPINACH
- 2 MEDIUM ONIONS, DICED
- 3 CLOVES GARLIC, CRUSHED
- 5 MEDIUM CARROTS, DICED
- 4 STALKS CELERY, DICED
- 1 MEDIUM ZUCCHINI, DICED
- 600G (1.3LB.) MUSHROOMS, SLICED
- 1.5 CUPS UNCOOKED BROWN LENTILS
- 3 X 400G (14 OZ.) CANS DICED TOMATOES
- 3 TBSP. SALT-FREE ITALIAN HERB SEASONING
- 4.5 CUPS HOMEMADE VEGETABLE BROTH (OR WATER)
- 1 TSP. SALT (OPTIONAL)

RECIPE NOTES

This is one of my favourite meals to make when I need to use up all the veggies in my fridge! The recipe makes a lot of servings, so make sure you have a very large pot to cook it in (6+ litres / quarts.)

INSTRUCTIONS

1. Prepare the pasta by following the instructions on the packet you bought. You will need to cook 100g of pasta (dry weight) per person per serve. Once the pasta has cooked, drain and set it aside.
2. Place the spinach in a colander or sieve over the sink, squeeze out any excess liquid, and set aside.
3. Combine the onions, garlic, carrots and celery in a large pot, along with half a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
4. Add the zucchini and mushrooms. Cook, while stirring, for an additional 5 minutes until the mushrooms are tender.
5. Add the lentils, tomatoes, herb seasoning and remaining broth to the pot. Stir to combine. Reduce heat to medium, then cover the pot and leave to simmer for 25-30 minutes, until the lentils are tender. Check and stir the lentils every 10 minutes to ensure they aren't sticking to the bottom of the pot.
6. Add spinach to the lentil mix, stir to combine, then cover and simmer for an additional 5 minutes.
7. Remove the pot from the heat and stir through the salt (if using). Leave to stand for 5 minutes.
8. To serve, ladle a generous serving of lentil-mushroom bolognese over a portion of pasta, and enjoy!

STORING LEFTOVERS

Transfer pasta to a container and refrigerate for up to 3 days. Transfer the Lentil & Mushroom Bolognese to a separate container(s); refrigerate for up to 5 days, or freeze for up to one month.

SUBSTITUTIONS

For a **gluten-free version** substitute gluten-free pasta in place of whole wheat. You can also serve the lentil-mushroom bolognese over baked potatoes, brown rice, or another gluten-free whole grain.

WEEK 2

VEGETABLE SOUP WITH HOMEMADE BREAD ROLLS

PREP TIME: 90 MINS

COOK TIME: 55 MINS

SERVINGS: 8

INGREDIENTS

FOR THE WHOLE WHEAT BREAD ROLLS:

- 7.5G (1/4 OZ.) INSTANT YEAST
- 1.5 CUPS LUKEWARM WATER (IDEALLY 32-36°C / 90-96°F)
- 4 + 1/3 CUPS WHOLE WHEAT FLOUR
- 1 TSP. SALT
- 4 TBSP. SUNFLOWER SEEDS

FOR THE SOUP:

- 2 MEDIUM ONIONS, DICED
- 3 CLOVES GARLIC, CRUSHED
- 6 MEDIUM CARROTS, SLICED
- 2 MEDIUM ZUCCHINI, SLICED
- 4 CELERY STALKS, SLICED
- 1 MEDIUM BUTTERNUT SQUASH, SKIN AND SEEDS REMOVED, CUT INTO CHUNKS
- 1KG (32 OZ.) POTATOES, CUT INTO CHUNKS
- 2 X 400G (14 OZ.) CANS DICED TOMATOES
- 3 TSP. SALT-FREE MEXICAN SPICE BLEND OR TACO SEASONING
- 2 TBSP. SALT-FREE ITALIAN HERB SEASONING
- 2.5 LITERS HOMEMADE VEGETABLE BROTH (OR WATER)
- 450G (32 OZ.) FROZEN KALE
- 1 TSP. SALT (OPTIONAL)

RECIPE NOTES

If preferred, you can skip the bread-making and serve the soup with store-bought whole wheat bread, or simply enjoy the soup on as a meal on its own.

INSTRUCTIONS

TO MAKE THE BREAD:

1. Place 1/2 a cup of the water in a bowl, and sprinkle the yeast over the top. Leave it to sit for five minutes, and then stir until the yeast dissolves in the water.
2. Combine the flour and salt in a large bowl. Make a well in the middle, then pour in the yeast mixture. Add the remaining water to the bowl, then mix to combine. You should end up with a firm but moist dough.
3. Lightly flour your bench top, then turn out the dough and knead for 10 minutes until smooth. Work in a little bit more flour, if required, to keep a firm dough.
4. Lightly dust a large bowl with flour, shape the dough into a round, and place it in the center of the bowl. Cover with a damp tea towel, then place the bowl in a warm, dry place for 1 hour until the dough has doubled in size.
5. After one hour, punch the dough down (keep it in the bowl), then cover again, and leave to rest for 15 minutes.
6. Preheat the oven to 210°C / 425°F. Line a baking tray with a non-stick baking sheet or baking paper.
7. Roll the dough out into a log, then cut it into 8 even-sized pieces. Shape each piece into a round, placing them on the baking sheet, approximately 2cm (1 inch) apart. Sprinkle each on with 1-2 teaspoons of sunflower seeds. Cover the tray with a damp towel, and leave to rise for 15 minutes.
8. Place the tray in the oven, and bake for 10 minutes. Remove the tray, rotate it (so the rolls at the back are now at the front), and return to the oven for an additional 10 minutes. Once cooked, remove bread rolls from the oven and set aside to cool.

TO MAKE THE SOUP:

1. Place all ingredients, except for the kale and salt, in a very large pot. Bring to a boil, then reduce heat to a medium simmer. Cover and cook for 25 minutes.
2. Add the kale to the pot, and stir through. Cover and cook for an additional 5 minutes.
3. Remove the pot from the heat, and stir through the salt (if using). Leave to stand for 5 minutes before serving with a bread roll to accompany.

STORING LEFTOVERS

Bread Rolls: Bread rolls you are eating on the day of baking, or the following day, can be wrapped in a clean dry towel and stored at room temperature. Bread rolls that you want to keep for later in the week should be transferred to containers or Ziploc bags, and frozen. To thaw, simply leave the rolls out at room temperature for a couple of hours, then warm them through in a 170°C oven for 5 minutes before serving.

Soup: Transfer soup to containers and refrigerate for up to 4 days, or freeze for up to 1 month.

SUBSTITUTIONS

For a gluten-free version serve the soup over brown rice or millet, or simply enjoy it on its own as a meal (it's very hearty!)

GROCERY LIST

WEEK THREE

ITEM	UNIT PRICE	TOTAL
1 tbsp. no-salt Italian herb blend	Leftover from week one	0.00
2 tsp. ground cinnamon	Leftover from week one	0.00
4 tbsp. no-salt Mexican spice blend	Leftover from week one	0.00
15 x bananas	0.99 per 5	2.97
1 kg (2.2 lb.) apples	1.29 per kilo	1.29
4 lemons	0.30 each	1.20
6 small or 3 medium tomatoes	1.25 per kilo	1.02
1 med. butternut pumpkin (or sub 500g sweet potatoes)	0.69 per kilo	0.87
2 kg (4.4 lb.) carrots	0.49 per kilo	0.98
1 kg (2.2 lb.) cooked beetroot	1.29 per 500g	2.58
1 head green cabbage	0.88 each	0.88
1 head garlic	5.99 per kilo	0.30
1 kg (2.2 lb.) potatoes	1.09 per kilo	1.09
1 kg (2.2 lb.) onions	0.99 per kilo	0.99
250ml (9 fl. oz.) red wine vinegar	1.39 per bottle	1.39
240g (8 oz.) sunflower seeds*	7.88 per kilo	1.89
160g (6 oz.) ground flax seed*	3.89 per kilo	0.62
350g (12.5 oz.) black beans*	3.49 per kilo	1.22
400g (14 oz.) chickpeas*	2.99 per kilo	1.20
750g (24 oz.) bulgur wheat*	2.39 per kilo	1.79
750g (24 oz.) brown rice *	1.69 per kilo	1.26
1 kg (32 oz.) whole wheat flour	0.99 each	0.99
2 x 400g (14 oz.) cans diced tomatoes	0.35 each	0.70
2 x 500g (14 oz.) whole wheat pasta	0.99 each	1.98
1 kg (32 oz.) rolled / old-fashioned oats	0.89 per 500g	1.78
250g (9 oz.) raisins	1.29 each	1.29
3 litres (96 fl oz.) soy milk / plant milk	0.65 per litre	1.95
450g (16 oz.) frozen kale	0.49 each	0.49
450g (16 oz.) frozen peas	0.59 each	0.59
450g (16 oz.) frozen corn	0.99 each	0.99
450g (16 oz.) frozen spinach	0.49 each	0.49
450g (16 oz.) frozen berries	1.97 each	1.97
2 x 1000mcg B12 supplements**	0.20 per tablet	0.40

GRAND TOTAL: €37.16 (US: \$41.70 / AU: \$61.11)
COST PER PERSON, PER DAY: €2.65 (US: \$2.98 / AU: \$4.37)

*** NEXT TO ITEM = SEE RECIPE NOTES ON FOLLOWING PAGE**

GROCERY LIST

WEEK THREE

NOTES ON * INGREDIENTS

All items marked with a single * were purchased from bulk bins in the quantity required for this week. If you don't have access to a bulk section in your local store or supermarket, simply try to purchase packages close to the quantity required.

** **B12 supplements:** Required when following a strictly plant-based diet (see page 2). B12 supplements can be purchased inexpensively online, from health food stores, or in supermarkets. I purchased a jar of 40 x 1000mcg chewable tablets for \$7.99, and take one per week (per person).

SUBSTITUTIONS FOR DIETARY NEEDS

Gluten Free:

- Omit the yeast, baking powder and whole wheat flour
- Add 12 slices of gluten-free bread OR 6 medium sweet potatoes for breakfast on days 1-3
- Use certified gluten-free oats
- Substitute gluten-free pasta for whole wheat OR substitute 1kg brown rice in place of pasta
- Substitute quinoa or millet for bulgur wheat

Soy Free: Use almond, oat or rice milk instead of soy milk.

Seed Allergies: Omit sunflower and / or flax seed as required.

(Please note that these substitutions may increase your grocery costs for the week.)

ADJUSTMENTS FOR LOWER ENERGY NEEDS (1500-1600 kcal)

This week's menu plan provides approximately 1950-2050 calories per day. If your energy needs are lower, I would suggest making the following adjustments:

- Skip the Banana Muesli Bowl, and just enjoy a banana as a snack instead (-360 calories per person on days 1, 2, 3 & 4).
- Skip the Banana Berry Smoothie, and enjoy a banana and carrot sticks as snacks instead (-125 calories per person on days 5, 6 & 7).
- Reduce dry-weight portions of whole wheat pasta by 30g (-110 calories on days 1, 2, 3, 6 & 7).
- Reduce dry-weight portions of brown rice by 25g (-100 calories on days 3, 4, 5, 6 & 7).

You will need to reduce the quantity of some items on your grocery list, as follows:

- Omit frozen berries
- 600g oats (22 oz.)
- 1 litre soy milk / plant milk (32 fl. oz.)
- 160g sunflower seeds (5-6 oz.)
- 170g raisins (6 oz.)
- 700g whole wheat pasta (24 oz.)
- 500g brown rice (15 oz.)

WEEKLY MENU PLAN

WEEK THREE

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1	TOASTED WHOLE WHEAT BREAD WITH HUMMUS & TOMATO	CHICKPEA-BULGUR BOWL WITH CARROT & BEETROOT SLAW	PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH	BANANA MUESLI BOWL
DAY 2	TOASTED WHOLE WHEAT BREAD WITH HUMMUS & TOMATO	PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH	CHICKPEA-BULGUR BOWL WITH CARROT & BEETROOT SLAW	BANANA MUESLI BOWL
DAY 3	TOASTED WHOLE WHEAT BREAD WITH HUMMUS & TOMATO	PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH	MEXICAN-SPICED BLACK BEAN, CORN & RICE SOUP	BANANA MUESLI BOWL
DAY 4	APPLE-CINNAMON BAKED OATMEAL	MEXICAN-SPICED BLACK BEAN, CORN & RICE SOUP	CHICKPEA-BULGUR BOWL WITH CARROT & BEETROOT SLAW	BANANA MUESLI BOWL
DAY 5	APPLE-CINNAMON BAKED OATMEAL	CHICKPEA-BULGUR BOWL WITH CARROT & BEETROOT SLAW	MEXICAN-SPICED BLACK BEAN, CORN & RICE SOUP	BANANA-BERRY SMOOTHIE + CARROT STICKS
DAY 6	APPLE-CINNAMON BAKED OATMEAL	MEXICAN-SPICED BLACK BEAN, CORN & RICE SOUP	PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH	BANANA-BERRY SMOOTHIE + CARROT STICKS
DAY 7	APPLE-CINNAMON BAKED OATMEAL	PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH	MEXICAN-SPICED BLACK BEAN, CORN & RICE SOUP	BANANA-BERRY SMOOTHIE + CARROT STICKS

FOOD PREP GUIDE

WEEK THREE

BEFORE DAY 1:

- See prep notes for days 6 and 7 under 'Week 2 Food Prep Guide' (page 22).

DAY 1:

- **Breakfast:** Toast a whole wheat bread roll & top with hummus & tomato (page 34 - one serving per person).
- **Snack:** Prepare two Banana Muesli Bowls (page 36).
- **Lunch:** Prepare the Chickpea Bulgur Bowls with Carrot & Beetroot Slaw (page 38). Enjoy one portion per person, and refrigerate the leftovers for tomorrow.
- **Dinner:** Make the Pasta with Creamy Carrot Sauce + Peas & Spinach (page 39 - you will need to cook 600g of pasta). Enjoy 2 portions for dinner tonight. Refrigerate the remaining 4 portions of pasta. Refrigerate 4 portions of sauce, then freeze the rest of the sauce for later in the week.

DAY 2:

- **Breakfast:** Toast a whole wheat bread roll & top with hummus & tomato (page 34 - one serving per person).
- **Snack:** Prepare two Banana Muesli Bowls (page 36).
- **Lunch:** Warm and enjoy 2 portions of Pasta with Creamy Carrot Sauce + Peas & Spinach.
- **Dinner:** Enjoy the Chickpea Bulgur Bowls with Carrot & Beetroot Slaw.

DAY 3:

- **Breakfast:** Toast a whole wheat bread roll & top with hummus & tomato (page 34 - one serving per person).
- **Snack:** Prepare two Banana Muesli Bowls (page 36).
- **Lunch:** Warm and enjoy 2 portions of Pasta with Creamy Carrot Sauce + Peas & Spinach.
- **Dinner:** Make the Mexican-Spiced Black Bean, Corn & Rice Soup (page 40), and enjoy 2 portions for dinner. Refrigerate the remaining soup, and refrigerate 2 portions of brown rice. Freeze the remaining brown rice, in 2-portion containers, for later in the week.
- **Prep:** Make the Apple-Cinnamon Baked Oatmeal (page 35). Refrigerate for the coming days.

DAY 4:

- **Breakfast:** Warm and enjoy the Apple-Cinnamon Baked Oatmeal (one serving per person).
- **Snack:** Prepare two Banana Muesli Bowls (page 36).
- **Lunch:** Warm and enjoy 2 portions of Mexican-Spiced Black Bean, Corn & Rice Soup.
- **Dinner:** Prepare the Chickpea Bulgur Bowls with Carrot & Beetroot Slaw (page 38). Enjoy one portion per person, and refrigerate the leftovers for tomorrow.

DAY 5:

- **Breakfast:** Warm and enjoy the Apple-Cinnamon Baked Oatmeal (one serving per person).
- **Snack:** Make the Banana-Berry Smoothie (page 37). Cut a carrot into batons (1 per person) and eat raw.
- **Lunch:** Enjoy the Chickpea Bulgur Bowls with Carrot & Beetroot Slaw.
- **Prep:** Thaw 2 portions of brown rice for tonight's dinner, and 2 portions for tomorrow's lunch.
- **Dinner:** Warm and enjoy 2 portions of Mexican-Spiced Black Bean, Corn & Rice Soup.
- **Prep:** Thaw the remaining 4 portions of Creamy Carrot Sauce for tomorrow.

FOOD PREP GUIDE

WEEK THREE

DAY 6:

- **Breakfast:** Warm and enjoy the Apple-Cinnamon Baked Oatmeal (one serving per person).
- **Snack:** Make the Banana-Berry Smoothie (page 37). Cut a carrot into batons (1 per person) and eat raw.
- **Lunch:** Warm and enjoy 2 portions of Mexican-Spiced Black Bean, Corn & Rice Soup.
- **Dinner:** Cook 400g (dry weight) pasta. Keep half for tonight, and refrigerate the other half for tomorrow's lunch. Warm 2 portions of Creamy Carrot Sauce, and serve over the pasta.
- **Prep:** Thaw 2 portions of brown rice for tomorrow's dinner.

DAY 7:

- **Breakfast:** Warm and enjoy the Apple-Cinnamon Baked Oatmeal (one serving per person).
- **Snack:** Make the Banana-Berry Smoothie (page 37). Cut a carrot into batons (1 per person) and eat raw.
- **Lunch:** Warm and enjoy 2 portions of Pasta with Creamy Carrot Sauce + Peas & Spinach.
- **Dinner:** Warm and enjoy 2 portions of Mexican-Spiced Black Bean, Corn & Rice Soup.

WEEK 3

TOASTED WHOLE WHEAT BREAD WITH HUMMUS & TOMATO

PREP TIME: 90 MINS

COOK TIME: 25 MINS

SERVINGS: 6

INGREDIENTS

FOR THE WHOLE WHEAT BREAD ROLLS:

- 7.5G INSTANT YEAST
- 1.5 CUPS LUKEWARM WATER (IDEALLY 32-36°C / 90-96°F)
- 4 + 1/3 CUPS WHOLE WHEAT FLOUR
- 1 TSP. SALT
- 4 TBSP. SUNFLOWER SEEDS

FOR THE HUMMUS:

- 2 CLOVES GARLIC, PEELED
- 2.5 CUPS COOKED CHICKPEAS
- JUICE OF 2 LEMONS
- 1/4 - 1/2 TSP. SALT (TO TASTE)
- 1/3 CUP WATER

RECIPE NOTES

The day before making this dish, you will need to soak and cook dry chickpeas (see menu plan preparation instructions for week 3). If you would prefer to use canned chickpeas, you will need 2 x 400g (14 oz.) cans.

If preferred, you can skip the bread-making and use store-bought whole grain bread instead. You will need 12 slices (2 slices per person, per serve).

INSTRUCTIONS

TO MAKE THE BREAD ROLLS:

1. Place 1/2 a cup of the water in a bowl, and sprinkle the yeast over the top. Leave it to sit for five minutes, and then stir until the yeast dissolves in the water.
2. Combine the flour and salt in a large bowl. Make a well in the middle, then pour in the yeast mixture. Add the remaining water to the bowl, then mix to combine. You should end up with a firm but moist dough.
3. Lightly flour your bench top, then turn out the dough and knead for 10 minutes until smooth. Work in a little bit more flour, if required, to keep a firm dough.
4. Lightly dust a large bowl with flour, shape the dough into a round, and place it in the center of the bowl. Cover with a damp tea towel, then place the bowl in a warm, dry place for 1 hour until the dough has doubled in size.
5. After one hour, punch the dough down (keep it in the bowl), then cover again, and leave to rest for 15 minutes.
6. Preheat the oven to 210°C / 425°F. Line a baking tray with a non-stick baking sheet or baking paper.
7. Roll the dough out into a log, then cut it into 6 even-sized pieces. Shape each piece into a round, placing them on the baking sheet, approximately 2cm (1 inch) apart. Sprinkle each on with 1 tablespoon of sunflower seeds. Cover the tray with a damp towel, and leave to rise for 15 minutes.
8. Place the tray in the oven, and bake for 13 minutes. Remove the tray, rotate it (so the rolls at the back are now at the front), and return to the oven for an additional 12 minutes. Once cooked, remove bread rolls from the oven and set aside to cool.

TO MAKE HUMMUS:

Place all ingredients for the hummus in a blender or food processor, and process until smooth. Transfer to a container or glass jar, and refrigerate until needed.

TO SERVE (PER PORTION):

Slice a bread roll in half, and lightly toast it under a griddle, or in a toaster oven. Spread a thick layer of hummus on each half, top with sliced tomato, and enjoy.

STORING LEFTOVERS

Place the bread rolls in a container or bread bin for up to 3 days, or transfer to ziplock bags and freeze for up to 1 month.

Hummus can be kept, refrigerated, for up to 5 days.

SUBSTITUTIONS

For a **gluten-free version** use a gluten-free whole grain bread. Alternatively, you can substitute 6 sweet potatoes in place of the bread, roasted whole. To serve (per person) slice a sweet potato lengthwise, then top with hummus and sliced tomato.

WEEK 3

APPLE- CINNAMON BAKED OATMEAL

PREP TIME: 15 MINS

COOK TIME: 35 MINS

SERVINGS: 8

INGREDIENTS

- 6 CUPS ROLLED OATS
- 4 TSP. ALUMINIUM-FREE BAKING POWDER
- 2 TSP. GROUND CINNAMON
- 3/4 CUP RAISINS
- 1/2 CUP GROUND FLAX SEED
- 1 RIPE BANANA
- 4 CUPS SOY MILK
- 1KG (32 OZ.) APPLES, CORED AND SLICED THINLY
- 8 TBSP. SUNFLOWER SEEDS (OPTIONAL)

RECIPE NOTES

Another fantastic way to enjoy your oats! This baked oatmeal has a consistency almost like cake or a baked slice. I prefer to make this without added sugar, but if you are used to having sweeter oatmeal, you can add 2-3 tablespoons of raw sugar, maple syrup or date syrup with the wet ingredients.

INSTRUCTIONS

1. Preheat the oven to 180°C / 350°F. Line a large rectangular baking dish (for making lasagna, or similar) with a sheet of baking paper.
2. In a large bowl, mix together the oats, baking powder, cinnamon, raisins and flax. In a separate bowl, mash the banana until smooth, then add the soy milk and mix together. Add the wet ingredients to the oat mixture, and gently fold through. Set aside.
3. Arrange half of the apple slices in a layer on the bottom of the baking dish. Pour the oats on top, and spread out in an even layer. Top with remaining apple slices, sprinkle with sunflower seeds, and bake for 30-35 minutes until the top is golden.
4. Once cooked, remove the oatmeal from the oven and allow to cool. Once cooled, cut into 8 even-sized pieces, then cover the baking dish and refrigerate until needed.

TO SERVE (PER PORTION):

Warm a portion of the baked oatmeal through in a microwave, or place on a piece of baking paper and heat through in a 160°C / 320°F oven for 6-7 minutes. Top with extra cinnamon if desired.

STORING LEFTOVERS

Baked oatmeal can be kept, refrigerated, for up to 4 days.

SUBSTITUTIONS

Pears can be substituted for apples in this recipe. You can also try this with different varieties of dried fruit in place of raisins, including chopped pitted dates, chopped dried apples, or chopped dried apricots (keep in mind that these options are likely to be more expensive).

WEEK 3

BANANA
MUESLI
BOWL

PREP TIME: 5 MINS

COOK TIME: -

SERVINGS: 1

INGREDIENTS

- 1/2 CUP ROLLED OATS
- 1 TBSP. SUNFLOWER SEEDS
- 1 TBSP. GROUND FLAX SEED
- 1 TBSP. RAISINS
- 1/2 CUP SOY MILK
- 1/4 CUP WATER
- 1 BANANA, CHOPPED

RECIPE NOTES

Simple, nutritious and filling, this banana muesli bowl is an excellent low-cost option for breakfast or in-between meals.

INSTRUCTIONS

Place the oats, sunflower seeds, flax and raisins in a bowl. Add the soy milk and water. Stir, and leave to stand for 3-5 minutes. Top with chopped banana and enjoy.

STORING LEFTOVERS

This dish should be consumed immediately, or refrigerated and consumed within 12 hours.

SUBSTITUTIONS

If you're not a fan of bananas, substitute 1 chopped apple instead.

Almond, rice or oat milk can be substituted in place of soy milk, if preferred.

WEEK 3

BANANA-
BERRY
SMOOTHIE

PREP TIME: 5 MINS

COOK TIME: -

SERVINGS: 2

INGREDIENTS

- 1 + 1/3 CUPS SOY MILK
- 2 RIPE BANANAS
- 3/4 CUP (150G / 5-6 OZ.) FROZEN BERRIES
- 1 TBSP. GROUND FLAX SEED

RECIPE NOTES

For a thicker smoothie, I would suggest freezing the bananas in advance. For a thinner smoothie, you can add 1/3 to 1/2 a cup of water. Blueberries, raspberries, strawberries, or a berry blend can be used for this recipe.

INSTRUCTIONS

Place all ingredients in a blender and blend until smooth. Divide between 2 glasses and enjoy.

STORING LEFTOVERS

Smoothies should be consumed immediately.

SUBSTITUTIONS

Frozen pineapple, mango or peaches can be substituted for frozen berries in this recipe.

Almond or oat milk can be substituted in place of soy milk if preferred.

WEEK 3

CHICKPEA- BULGUR BOWL WITH CARROT & BEETROOT SLAW

PREP TIME: 30 MINS

COOK TIME: 15 MINS

SERVINGS: 8

INGREDIENTS

- 375G (14 OZ.) BULGUR WHEAT
- 1 CUP COOKED CHICKPEAS
- 1 MEDIUM ONION, DICED
- JUICE OF 1/2 A LEMON
- 4 TBSP. SUNFLOWER SEEDS
- 3 CUPS THINLY SLICED WHITE OR RED CABBAGE
- 3 MEDIUM CARROTS, GRATED
- 500G (16-18 OZ.) COOKED BEETROOT, CUT INTO SMALL CUBES
- 1 CLOVE GARLIC, CRUSHED
- 6 TBSP. RED WINE VINEGAR OR APPLE CIDER VINEGAR
- 1/2 TSP. SALT (OPTIONAL)

RECIPE NOTES

If you are following the 2-person menu plan for week 3, you will need to prepare this twice in one week (so that the slaw is fresh). If you happen to have some fresh herbs on hand (parsley, dill, or coriander) they make a great addition.

The day before making this dish, you will need to soak and cook dry chickpeas (see menu plan preparation instructions for week 3). If you would prefer to use canned chickpeas, you will need 1 x 400g (14 oz.) can.

INSTRUCTIONS

1. Cook the bulgur according to packet directions. Once cooked, drain well, and rinse with cold running water.
2. Transfer the bulgur to a large mixing bowl and add the chickpeas, diced onion, lemon juice, and 1/4 teaspoon of salt. Stir to combine. Refrigerate until serving time.
3. Place the sunflower seeds in a small pot or saucepan. Lightly toast over a medium heat, shaking the pan continuously to keep the seeds rotating. (Make sure that you only toast the seeds until they are *just* becoming fragrant, otherwise you risk burning them.) As soon as the seeds are toasted, transfer to a small bowl or jar, and set aside.
4. To prepare the slaw, combine the cabbage, carrots, beetroot, vinegar, garlic and 1/4 teaspoon of salt in a large mixing bowl. Toss well to combine. Refrigerate for 10-30 minutes to allow the cabbage to soften slightly.
5. To serve, place a portion of the bulgur & chickpea mix in a large shallow bowl. Top with a portion of chickpea-carrot slaw, sprinkle with sunflower seeds, and enjoy.

STORING LEFTOVERS

Transfer the bulgur & chickpea mix to a container, and refrigerate for up to 3 days. Transfer the salad to a separate container(s) and refrigerate for up to 2 days.

SUBSTITUTIONS

For a gluten-free version substitute quinoa or millet in place of the bulgur.

WEEK 3

PASTA WITH CREAMY CARROT SAUCE + PEAS & SPINACH

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVINGS: 10

INGREDIENTS

- 1KG (32 OZ.) WHOLE WHEAT PASTA
- 2 MEDIUM ONIONS, PEELED AND HALVED
- 5 WHOLE CLOVES UNPEELED GARLIC
- 900G (32 OZ.) POTATOES, PEELED AND CHOPPED INTO CHUNKS
- 4 MEDIUM CARROTS, CHOPPED INTO CHUNKS
- 1.75 CUPS HOMEMADE VEGETABLE BROTH
- 2 TBSP. LEMON JUICE
- 1 TSP. APPLE CIDER VINEGAR
- 1 TBSP. ITALIAN HERB SEASONING
- 1.5 - 2 TSP. SALT, TO TASTE (OPTIONAL)
- 2 TBSP. WHOLE WHEAT FLOUR
- 450G (16 OZ.) FROZEN PEAS, THAWED
- 450G (16 OZ.) FROZEN CHOPPED SPINACH, THAWED

RECIPE NOTES

You will only need to cook as much pasta as needed for 2 days (for example 400g / 14 oz. if making 2 portions for dinner + 2 portions for lunch the following day). You can prepare the rest of the pasta as needed later in the week. If you have nutritional yeast on hand, add 1/3 of a cup to the sauce to give it a nice 'cheesy' flavour.

INSTRUCTIONS

1. Preheat the oven to 210°C / 425°F. Line 2 baking trays with nonstick baking sheets or baking paper.
2. Place the onion, garlic, carrots and potatoes on the baking trays, and roast for 20-30 minutes until golden-brown and tender.
3. Once cooked, removed the roasted vegetables from the oven, and set aside for 10 minutes.
4. Remove the skin from the garlic, then add the garlic flesh, roasted vegetables, vegetable broth, lemon juice, cider vinegar, Italian herb blend and salt (if using) to a blender. Blend until completely smooth. (Make sure the opening in your blender is left clear / unsealed, so that the steam can escape!)
5. Add the wholemeal flour, then blend for an additional 30 seconds before transferring to a pot.
6. Place the thawed spinach in a colander over the sink. Squeeze out any excess liquid, then add it and the peas to the pot with the carrot sauce. Gently heat over a low simmer, stirring the sauce until it thickens slightly. Keep warm over a low heat until serving time.
7. Prepare the pasta by following the instructions on the packet you bought. Drain, then return it to the pot.
8. Top each serving of pasta with a helping of creamy carrot sauce, and serve.

STORING LEFTOVERS

Transfer pasta to a container and refrigerate for up to 3 days. Transfer the sauce to a separate container(s); refrigerate for up to 4 days, and freeze for up to 1 month.

SUBSTITUTIONS

For a gluten-free version use corn or potato starch, in place of whole wheat flour. Substitute gluten free pasta in place of whole wheat.

WEEK 3

MEXICAN- SPICED BLACK BEAN, CORN & RICE SOUP

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVINGS: 10

INGREDIENTS

- 750G (24 OZ.) BROWN RICE
- 2 MEDIUM ONIONS, DICED
- 3 CLOVES GARLIC, CRUSHED
- 5 MEDIUM CARROTS, DICED
- 1 MEDIUM BUTTERNUT SQUASH, PEELED AND CUBED
- 4 TBSP. SALT-FREE MEXICAN SPICE BLEND OR TACO SEASONING
- 4-5 CUPS COOKED BLACK BEANS
- 450G (16 OZ.) FROZEN CORN
- 2 X 400G (14 OZ.) CANS DICED TOMATOES
- 1.5 LITERS HOMEMADE VEGETABLE BROTH (OR WATER)
- 450G (16 OZ.) FROZEN CHOPPED KALE, THAWED
- 1 TSP. SALT (OPTIONAL)

RECIPE NOTES

You will need to soak and cook 350g of dry black beans the day before making this dish. You can find instructions for cooking legumes here: <https://bit.ly/3jnSLQj>. If you would prefer to use canned beans, you will need 3 x 400g (14 oz.) cans. This recipe makes a lot of servings, so make sure to have a very large pot to cook it in! (6+ litres / quarts.)

INSTRUCTIONS

1. Cook the brown rice using your preferred method (see cooking instructions here: <https://bit.ly/3hk3ABg>). Keep it warm until serving time.
2. Prepare the soup. Combine the onion, garlic and carrots in a large pot, along with 1/2 a cup of vegetable broth or water. Saute over a high heat for 6-7 minutes, adding a little more water as needed to prevent sticking.
3. Add the butternut squash (or sweet potatoes) to the pot, along with the Mexican spice blend and an additional 1/2 cup of broth or water. Continue cooking, while stirring, for an additional 2 minutes.
4. Add the beans, corn, diced tomatoes, and remaining vegetable broth. Stir to combine, then reduce heat to medium. Cover the pot and leave to simmer for 15 minutes.
5. After 15 minutes of simmering, add the kale to the pot, and stir. Cover and cook for an additional 5 minutes.
6. Remove soup from the heat, stir through the salt (if using), and leave to stand for 5 minutes.
7. To serve, place a portion of cooked brown rice in the bottom of a deep bowl. Top with a serving of the soup, and enjoy. A splash of hot sauce is delicious too, if you happen to have some on hand!

STORING LEFTOVERS

Pack the rice and soup into separate containers. Soup can be refrigerated for up to 4 days, and frozen for up to 1 month. Rice can be refrigerated for up to 2 days, and frozen for up to 1 month.

SUBSTITUTIONS

500g of sweet potatoes can be used in place of butternut squash. Kidney beans or white beans can be substituted for black beans. You can also substitute other types of frozen chopped greens, such as spinach or collard greens.